

FIT CITY MONTHLY CHALLENGE – MAY

Calculate your BMI (Body Mass Index)

San Antonio, TX – May 16, 2002 – What does body mass index or BMI mean? Your BMI is a comparison of your weight to your height. If you weigh 200 pounds and are 7 feet tall, your BMI is 20. If you weigh 200 pounds and you are 5 feet tall, your BMI is 39. Your doctor uses your BMI to predict your risk of getting a disease that is related to being overweight. The higher your BMI number the greater your chance of getting a heart attack, high blood pressure, or diabetes. A BMI of 30 or more can be a big risk to your health. A BMI of 35 or more can increase your risk of getting diabetes by as much as 6000 percent!

Determining Your Body Mass Index (BMI)

Find the appropriate height in the left-hand column. Move across the row to the given weight. The number at the top of the column is the BMI for that height and weight.

BMI (kg/m ²)	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (in.)	Weight (lb.)													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328

Source: National Heart, Lung, and Blood Institute

For More Information

www.SAHealth.com website will calculate your BMI and tell you the relationship between exercise and calories burned with activity.

Healthy Tips for the Month

- Walk at least 5 minutes a day. People who walk regularly cut their risk of having a heart attack in half when compared to people who are not active.
- Be more active in your leisure time. Work in your garden, join a sports team with co-workers, friends, or family, or take a walk during your lunch break.
- It's summer time and a perfect way to spend extra time with your family! Go for routine walks or bike rides in your neighborhood or local park. If you do this 3-4 times per week for at least 20-30 minutes, you're whole family will be getting the exercise they need.

May Activities & Events

May 25 – Police Officers Memorial 5K Run. \$15/\$20 at Brackenridge Park. Contact: 826-1888 or www.runawayclub.com

May 28 – Cardiac Support Group – Baptist Medical Center 4-6pm. Topic is PVD/Carotid Studies/Stroke. Free seminar in Physician Room 1A. Call 297-9900 for more information.

May 29–July 27 – San Antonio Parks and Recreation Free Tumbling Classes – youth 5-19. Youth learn coordination, basic gymnastics skills and flexibility training. Class locations and hours vary. Contact: 207-3131.

May 29–July 27 – San Antonio Parks and Recreation Free Dance Classes – youth 5-19. Classes include ballet, modern dance, creative dance, Spanish, Mexican folkloric, jazz, hip-hop, ballroom, and aerobics. Hours and locations vary. Contact: 207-3115

All month – Peacock Boys and Girls Club – register for baseball (ages 5-12) and fast pitch softball (ages 12-17). Contact: 734-8399 or 736-5102.

Time to sign up for SUMMER CAMPS! A great resource is “The Working Parents’ Guide to Summer Survival” published by the Bexar County Women’s Bar Association. www.netxpress.com/~bcwba or San Antonio Our Kids Magazine.

Contact the San Antonio Parks and Recreation website www.sanantonio.gov, the YMCA website www.ymca.net or the Kids Sports Network www.ksnusa.org for more fun summer activities!